H., E. 75.

Bucker ( John)

# INSTRVCTIONS

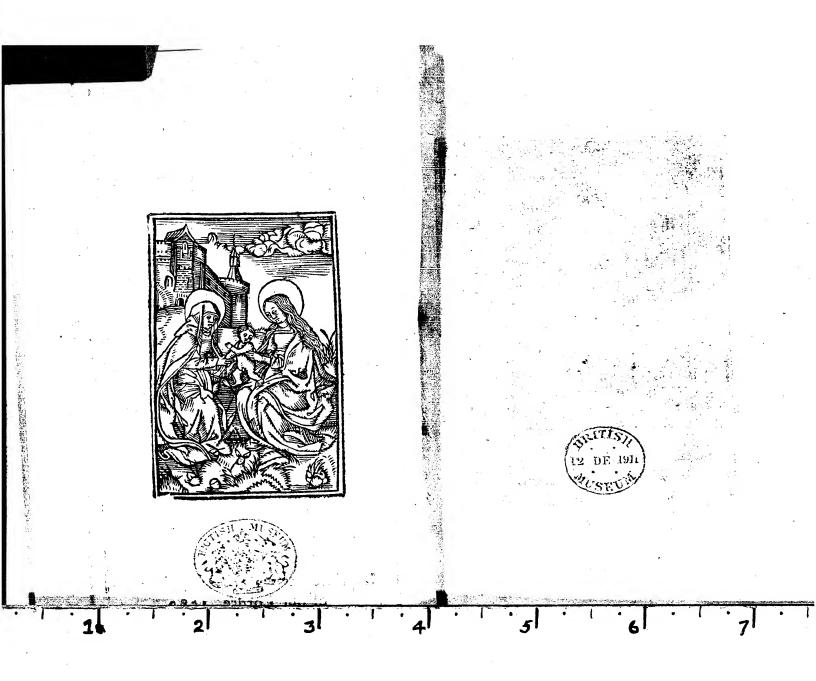
for the vse of the beades, conteining many matters of meditacion or mentall prayer, vvith diuerse good aduises of ghostly counsayle.

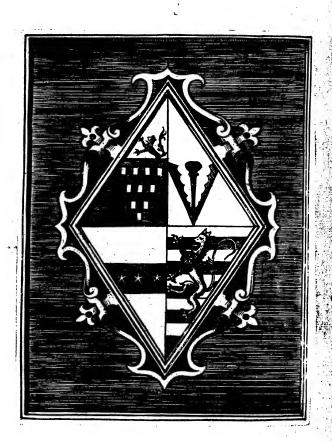
Where unto is added a figure or forme of the beades portrued in a Table.

Compiled by Iohn Bucke for the benefite of vnlearned. And Dedicated to the honorable good Lady, Anne Lady Hungarforde, filter to the Duchesse of Ferria.



Imprinted at LOVAIN in the yere of our Lordre. 1589.





TO THE RICHT VERtuous Lady, ANNE Lady Hungarfoorde, his honorable good Maistres, John Bucke VVisheth al healthe.



Or so muche as man borne in to this vvorlde haithe no long time to liue Here, he being (as the Wy seman saithe) lent, not genen to life: And for that

vve must render an accompt, at the daye of Iudgemet (before that dredefull Iudge, whiche is voyde of partialitie) not onlie of vvoordes and vvoorkes, but of eache moment of time spent here, yea even vnto the thoughtes of our hartes, euerie one in his vocacion and degree: And for my part calling all this to the eyes of my minde: seing also all my actionshithertho to be verie base and barrain in his fight, vvhiche is the true fearcher of althoughtes: I began to think hove I might employe my selfe in some yvoorke acceptable to so bountifull and benigne a patrone, and lorde, as hauh belide A ij

The first parte of this boo ke.

beside my creacion and redempcion, not onlie fanctified me and preserved me from my infancie: but also brought me out af that darke Egiptiacal England, (the verie sea of heresie) and placed me vnder so good and graciouse a ladie, in vyhom I dailie beholde manie examples of true Religion, goldie fear, costant patience, and Christian pietie. Therfore finding nothing more agreable to his divine pleasure, than is the charitable trauail in mouing the deuoció of others to the effectuall service of his Divine Maieltie by prayer and meditacion: and confidering hovvgreat comoditie a litle direction in prayer may bring to the vnlearned and ignorat, vyhose vyeakenesse I vvolde be glad anie vvaye to releue: I haue thought good to put foorth suche ipirituall exercises, as I my selfe haue prinatlie vied, with great comfort, in. sayleng the Rosaire, Croune, or Psalter of our bleffed laidie the virgin Marie, vpon the beades. And I have also set cod part. doun fundry meditacions and confideracions to be yied otherwyle, touching as vel the passion of our Saujour and our redemption: as also the infinite benefites and

and Graces most plentifullie bestovved vpon euerie Christia: to the ende that in thinking therof a good religiouse mynde may be more diligent and attentiue to note and marke vvhat is fayd: more inflamed to deuocion: and more moued vvith compunction and sorovve for synnescommitted. And thies meditations a man muy diuide in to seuen partes, according to the dayes of the vveeke: to the ende that a thankfull hart Dailie beholding (as in a glasse) the bountifull guiftes of God maye take occasion to hate synne, and to loue god so good a benefactor and patrone. And because many vvel disposed parsones vvolde fayne vvalke according to the vvil of their lorde and Creator: yet doe they vvander altray by vvant of good instruction, rather than vpon malice: I have collected out of de- The thrid uout authors certein lessons an directios parte. sheyveing, not onlie, good meanes to auoyde synne, and to frame the whole course of lyfe according to hys rule and commaundement, vvhiche sayeth; Hoe fac, & vines. Doe this, and thou shaultlyue: but also profitable signes and argumentes, whereby one muy perceiue, A iii

The fovverth parte. whe ther he standeth in the state of God his grace and fauor, or no. Lasslie I have added some rules to knovy from wheee cuell thoughtes do proced eand meanes to auoyde them: with a figure or portrature of the beades, conteining your Ladys hippes vsuall Meditacion vpon them.

Thies with suche lyke being the scleder fruit of my barrain vvyt hauing no better crop to put in to the barne, I haue publithed for the benefit of the vnlearned, vviche can not skill of curiouse discourses penned by great clerkes. And I have prefumed to dedicat this fruit of my poor talent vnto your Ladyfhip,my honorable, and most bountifull Maistresse: by vvhose example of Christian lyfe and conversacion I have bene muche edified, and animated, as to other Christian exercises, so to this vvoork novv here set foorthe. VVhiche I hope shall fynde better enterteinment; for that it passeth vnder the fauour of your honorable countenance. And good reason I have so to think, for (to omit other places, times, and proofes testifyeing your vertues) synce your comyng in to thies Countries, you has ue geuen suche demonstracions of true Religion, by the fruits of your good lyfe, as for your pittifoll hart, and charitable compassion, with the effect of almoife and vvoorkes of mercie, I may vvel compare you to Paula, vvhom Seint Ierom so highlie commendeth. The towne of Louain and other places in time of plague famin, vvarre, and heresie can testifie your pietie. The naked then by you clothed, the hungrie then by you fedde, the fick of daungerouse diseases than by you vifited, comforted, and releued; the dead? then by you buried, the captiues then by you ransomed, yeathe simple seduced soules then by your meants reconciled to God and his Churche are fuffficient testimonies and proofes of your zeale to vertue, and of your perfection in Catholique Religion: and vvill plead for you before God and man: that as the vyhole course of your lyfe hitherto haith bene accompted among the most honorable in vertue: so vvil your temporall ende be in dede aright famouse in all good memorie and your iccond A iiii

fecond lyfe in heauen verie gloriouse among holie Confessors, for (as Seynt Ierom truelie sayeth) seldome or neuer dieth that man an euell death, vvhich vvillinglie exerciseth the vvoorkes of Charitie. And hys reason is, for that suche persones have many intercessors among good and vertuouse poor people: and verie vnlike it is and almost impossible that none of theyr prayers shouldenot be herd.

And thoughe (good Madame) you haue endured many afflictions and greuous aduersities: yet haue you no cause. therfore to be discouraged: for they are: euident fignes of the fauor that God bea reth tovvard you. It is a peculiar propertie of God to punish them whom he loueth. Examples therof yve have infinite in holy scripture and otherwhere. Holy lob dyd neuer vvillinglie ear moriel of bread alone, vvithout company of fome one or other poor and needy persone: yet vvere his plagues and afflictios 10 terrible, and his diseases so lothesome as vve tede not of any greater. VVho vvas: more pittifull to the poor and nedie than olde Tobie, whiche buried the dead: fed

the hungrie; and supplied the vvantes of many: visited and comforted his felovvescaptiues? Yet dyd he bear the burden of many heuve crosses. And when he dyd stand in most nede of al comfort, he lost theyse of his fight: But with thies and suche examples of Scripture you are vvell acquainted. I vvill recompt vnto you others. It is well knowen hou charitable a hand and hart Seynt Gregorie the great had, the restorer of Christia Religion in England, to vyhom our Sauiour appeared among others poor beggars, as a special token that God vvas vvell pleased with that good mans almoise dedes, and vvoorkes of charities yetvvas he vexed with bodilie fiknesse continuallie. It is vvritten of a holie vvoman called Liduina so pittifull tovvardes the poor and needie, as when she had not sufficient of her ovven to gene, The vvolde begge and borovv of others to releue the necessitie of the poor, Suche encrease ostentimes folovved her hand, as though the euer gaue vvhere, need required, yet dyd her porcion fynde no decrease: In so muche as one time (if nor oftener) thirtie poor persones vvere

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vuell releued of the meat that vvas pur in one pot, and in the end as muche meat found in the pot as year at the fyrst put in to it. yea she had a purse where in the yled to put her almose money, whiche the called I esvs hyspot, for that it neuer failed: yet vvas this good vvoman euer liklic, and often afflicted with many most greuouse diseases and aduersities. And it is vvell knovven houyour Ladies hipp being at Namure in a time of great famin you releved the hungrie foldiors with fleshe and pottage; and hovy God to bleffed your almoife, as the meat prouided in tuo pottes for thirtie parsones dyd suffice vvell night two hundred people. Therfore as you haue Good cause with that good woman Lidunia to magnifye God, vvhiche: gaue you habilitie and good vvil to exercife the vvoorkes of charitie) and mulsiplied your guystes in your handes: So haue you good matter of comfort by patient bearing of your vvordlie afflictios, expect vvith Liduina the revvard prepared for faith sull and charitable Christianes: knovveing perfectlie that he vvhiche geueth but a cup of colde vvater for

the love of Christ shall not leese his re-

Thies examples fhevy you that temporal afflictions caluallie falling vpon good men, are signes and argumentes of Gods fauour. For (as Seynt Gregorie doeth well note) there is no greater marke of Gods vyrathe and displeasure, then is a continuall good successe in healthe, vvelthe, and vvordlye prosperitie: Yea siknesse and affliction doeth frame and conforme vs lyke to our Saujour les fus Christ: vvhom God the Father sent in to the world not to reap the delicate pleasures therof: but to suffer great paynes and miseries. What carefull troubles and dredefull perills dyd his bleffed mother endure, vvhenit vvas knovven: that our maister lesus should be borne & And after he vvas borne a great nomber of deadlie enemies dyd dailye arife against that severe babe and her. VV hat terrible fear and care with paynfull labors dyd The endure traualing ouer hilles and dales; when she heard the cries of mothers for their children haled out of their armes and mordered before their eyes: when shedyd mete the cruell

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bouchers that fought to morder her dear childe by the cruelledict of vvicked Herod, proclaming all male children from troo yeres olde and vnder to be slaine? what foroufull cares and hard traunlying dyd that bleffed virgin endure to hyde and faue her oulie sonne from the crueltie of those synfull creatures, vyhom her ionne came to fane and kepe from hel and damnacion if they wolde accept hym? Shal vve then look for privileige and immunitie from vvordlie afflictios, when we see that spotlesse lamb the fonne of God, and the immaculat virgin his mother to haue endured all miferies that the vvorlde could procure against them? In verie truthe, afflictions and miseries susteyned by a faithfull Chri Itian are the bages of our lorde and Maiiter. Therfore we must not grudge to vvear our Maisters livereys, and to bear our croffe and folovy hym: confidering that in so doeing we have an assurace of his entertainement with lyfe euerlasting in his high palace of heaven: VV hereunto he that bought your laidy hip bring you when it shall please hym. In mean tyme I humblie beseche you accept this

myte

myte putin to the box. Interpret of it as I mynde to your honor and to all good Catholiques to vyhose vieue it shall come. I craue onlie the glorie of God hereby to encrease, to vyhom I commend your Ladyshippe vvith all true Catholiques.

Your Ladys hyppes obedient servant



## Measure are and are all

#### CERTAIN MATTERS OF

Meditacion or mentall praeyer to be confidered in reciting the Rosaire, Pfalter, on Croune of our Laidie the most blessed virgin Marie upon the beades.



T is an auncient exercise of deuout Christianes in tyme of prayer, and speciallie in the vse of the beades, to set before the eyes of the Soule some conceit or Imagi-

nacion of one or other matter conteined in the lyfe of our Sauiour, or of the bleffed virgin Matie. And this conceit vvell imprinted in mynde, vvil kepe it from vvauering in the vain thoughtes, and vvill make it more attentiue and hedefull: vverby deuocion is foner kyndled: vvithout vvhiche prayer yeeldeth small fruit. Therfore vvhen you are disposed to praey vpon the beades: you may thynke vpon thre sortes of mysteries (vvherof fyue poinctes in every one are loyfull, fyue aredolorouse, and fyue are gloriouse) in maner folovveing.

instructions for the vse of the beades. 35



Of fyue loyfull Mysteries to be thought upon when you are to pray upon the beades.

The first loyfull Mysterie or secret is the annunciation of the blessed virgin Mary. Ther fore vulen you take your beades, and have aduised lie commended your selfe to God, blessing your selfe vith, In nomine Patrix & Filip & Spiz ritus sansti. Amen. Then may you synst set before the eyes of your soule, the Annuciation nonciation of our blessed ladie: and off our Imagin in your mynde that you beholded the Angel Gabriel presenting hym selfe before that blessed virgin vuith hys heaven lie salutacion Ame Maria, and declaring to her hys message from the Councel of the Thrinitie.

And

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And with that Imaginacion still kept in mynde, say the fyrst Pater noster, and ten Aue Maries foloveeing (vvhiche is the fyrst part of the beades) attentiuelie, distinctlie, and deuoutlie: ther let thies cogitaciós folovveing renne through your mynde avvhile, before you goe any further.

First thinck hovy the Angel found her at praier: and here admonil h your selfe hovv nigh vnto you your good Angel standeth in time of praier : and hove apt you are then to receive heavenlie comfort and good mocions: and that in consideracion hereof it is good to pray euer, more or leffe.

Secondlie marke vvith vvhat modelt filence she gaue ear to the messaige, not vttering any Idle or curiouse speeche: and studie you to folovve that example.

Thirdlie note her zeal to kepe her maidenhode and virginitie, vovved and promised to Gode and so thinck to keep your Christian vovve made at your baptisme.

Fouerthlie consider her present faith in beleeuing the vvoordes of the Angel, passing all naturall reason that she being a Viravirgin shoulde bear a childe: and hete learn faithfullie to beleeue the promises of God.

for the vie of te beades.

Fystlie beholde her humble obediéce. and refigned vvil to the disposicion of allmightie God. And when you haue thus occupied your mynde some litle time: then prepare your selfe to the seconde loye.



He seconde loyfull mysterie is her The visi-Visitacion of her cossein Seynt Eli- ting of S. zabeth. Here you may thynke that you fee the meting of thad bleffed virgin, and that holie matrone, with the two infantes in their vyombes: vyhat heuenlie love was there. And in this thought lay the seconde Pater noster, and tenne Ane Maries, folovveing with like attencion and deuocion as before.

Then

Then learn a lesson of great humilitie and charitie of our lady. And when thou hearest thy selfe commended geue all the thankes to God as I he dyd. And if thou art aduaunced to any degree of honor: bear not thy selfe more highlie, nor neglect to doe good offices to others vnder thee. Confider also hovv effe-Etuall the vvoordes of our Ladie (then haueng conceyved our Sauiour in her vvombe) vvere to cause the babe Seynt Iohn to moue, in the vvombe of his mother, when the virgin saluted her. And therfore ceass not to laude and praise her, and to call vpo her helpe in thy need. And vvhe thou hast thus thought, begyn the third part of the beades, as foloweth.



The Natiuitic of Christ.

He third loyefull mysteric is the Natiuitie and byrthe of our Sauiour.
Here

Here thynk that thou seest severe Iesus neve borne, verapped in poor clothes, layd in a cryb between two beastes in an abject place of a common Inne, for wat of habilitie to hyre a better lodging. And with this thought say the third Pater noster, ad tenne Ane Maries followeing attentiuelie and deuoutlie as before.

Then consider vvith vvhat payn the most blessed virgin mirrour of humilitie vvent from Nazareth to Bethleem in colde vvinter, yeelding obedience to the Emperour: And hovv the sonne of God vvolde before his byrthe shev obediece vvith humilitie at all seasons: yea to thy inferior if nede require or good occasio.

Secondelie conder in vyhat poor estate the lorde of all the vyorlde vyolde be borne and brought in to this vyorlde: and here learne to cotemne al vyorldlie pompe, and vainglorious curiositie.

Thirdlie note here the loue of our Saujour to mankynde, and requite hym with loue again to the vitermost of all thy povvers. Fouerthlie beholde how the Angels from heaven preached to poor Shepeheardes the comyng of our Redemer: And here learne

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and imitate thou those poor men whiche with great zeale simplicitie and diligence sought our Sauiour, to yeelde with hym all that honor and service whiche was requisit. And after thies thoughtes prepare thy selse to the fouerth loye deuoutlie as before.



christ pre sented in the teple.

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The fouerth loyefull mysterie is the Presentacion of our Redemer in the temple before the Byshop. And here beholde our Lady offering her sonne in the temple of Ierusalem: regard hove olde Simeon the Byshop (knovveing by reuelacion that babe to be the Sauiour so long looked for) tooke hym vp in his armes, and adored hym vvithall loye and reuerence, sayeing: Wow then doest dimisse thy second in pea-

in peace. Because myne eies haue scenthy Salua. tion. And with this thought say the fouerth Pater noster, and tenne Aue Maries. folovveing, deuoutlie as before. And then learne to present thy selfe oftentymes in the Churche vvithall diligence, reuerence and devocion, specially at the holy sacrifice of the Masse: that thou mayest be parttaker of great mysteries. And thynk hovy Just and faithfull persones by deuout prayer, and godlie patience, have at last obteined their holie desires, as this man dyd. And here also marke hove our Saujour in his infancie, being but eight dayes olde, shed his bloode for thee at his holie Circumcision: and learne for his fake to suffer from thy childhode what aduersitie so euer fall upon thee: And vuith this thought prepare thy felfe to the fylt loyo deuoutlie as before.

The fyst loye is the finding of our Sauiour in the temple. Here beholde our Lady and auncient Ioseph with great care seeking for her sonne, whom she had lost: and at last findeth hym disputing of deep mysteries, with great B iii Doc-

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Then learne here of the virgin and good Ioseph to seeke for Christ with all care and diligence: and rest not till thou

finde him.

And thinke not to finde him with vvorldely affection tovvarde thy kinred, nor among the delites of flesh and bloude: but in the Churche of God, by often hearing the vvoord of God, and freque-

ting the Sacramentes.

Allyvayes prouide to thy vttermost povver that thou kepe him in the cabinet of thy harte: and leefe him not after thon half founde him. This order thou must observe in reciting the Rosaire the seconde and third time. And when thou hast thus well ended the last parte of the beades: then with a cherefull couraige and bolde spirit thou mayst safelie say the conclusion, whiche is Credo in Deum,&c. And this muche for the firste Rosarie, or first part of the psalter of our ladie.

for the vie of the beades. Of fine dolorous Mysteries to be thought upon When you are to vie the beades.



Vhen you have fayd the Rosarie, or Christ beades ones ouer, with the medita- praying in the gar cions and thoughtes before mencioned: den. then may you with like preparacion and order as before muse vpon the fine dolorous mysteries: that is to say fine speciall panges of the forovves and paines that our Saujour endured for our Redepcion.

The first dolorous mysterie yvas the fiveating of bloude and vvater vyhiche our lorde and Maister suffered in the Garden. And here beholde Christ in the Garden kneeling vpő his knees, holding vp his face and handes to heaven, and

pray-

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prayeing thriste to his Father, in this sorte. Father if it be possible let this chalice passe from me: yet not my will, but thy will be done: And marke his great agonie vpon the impression and conceit of the great paynes vwhiche he vvas to suffer vpon the Crosse for mankynde: and hovv for verie labour of sorovy he severated vvater mixed vvith bloude: and beholde vvith all an Angel sent from heauen so comfort him. And vvith this Imaginacion say the first Pater noster, and tenne Ane Maries deuoutlie.

Then note first hove in all adversities thou must see for succour to God.

Secodly that it is not enough to praye with thy lyppes, but that all thy senses and invoard povvers must be earnestlie bent to prayer, and that with continuance.

Thirdlie hove great nede you haue to pray for auoyding eternall payne, vehiche you haue deserued for your sinnes: seing the Innocent sonne of God did slee to prayer for eschaping or patient enduring a temporall payne to be suffeined for the redempcion and deliuery of others.

Fovy-

Fovverthly comfortly contineve in prayer and think that God in the ende will hear the, and fend his holy Angel to releeve thee when neede shall require. This being doen prepare thy selfe as before to the second dolour.

Hhe secounde dolorous mysterie is The arrai L the apprehension and arraignement gnement of our lorde and maister with all man- of Christner of contumelious skorne and despite. And here marke the traitour Iudas betrayeing his maister vvith a kysse, and the barbarous foldiours in armour vvith al violence taking holde of our Sauiour: hailing and dravveing hym by night from Judge to Judge, reviling, mocking, and with their filthines all bespitting hym: beholde vvhar sterne and sovver countenances they cast vpon hym: hovv rudely they bynde hym to a piller: hovv vnmarcifully they vvhip and vvound him with scourges made of hard cordes so as no parte of his holy bodie vvas free.

And with thees thoughtes say the seconde Pater noster, and tenne Ane Maries deuoutlie: and then consider that when thou vpon willfull malice doest comit

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any deadly finne, thou art become a persecutor of thy Saujour, and a part taker and copanion vvith Iudas in betrayeing, 1 kornyng, vvhipping, and contumelious abusing thy Redemer.

Learne allso with patience to suffer all affliction layd vpon the for thy finnes: and refuse not any payne nor affliction that shall be offered to thee for his sake that suffered so muche for thee. This benig done prepare thy selfe to the third dolour as before.



The

He thirdedolorous mysterie is the crovning of our Sauiour with a esthorne. crovvne of Sharpe thornes, a horrible torment, and geuen with great despite: here beholde the most sauaige cruell Infideles bringing with great mockerie a crovene made of most boysterous fharpe thorpe thornes, lyke vnto nailes, and beating the same violently into his head: and with lothesome derision faluting hym as king. A terrible fight, hable to brust the hart of a good Christian to consider rightly. VVith this Imaginacion and conceyt saye the third Pater noster, and tenne Ane Maries. And then note the insolent pryde and hypocrisie of all Ievves, heretikes, and infideles against the head of the Churchethen, and novv against his membres. And learne to embrace the true adoring of our Sauiour vvithall humilitie and simplicitie, vvithout all pryde and insolencie. And here note that the propertie of all heretiques is euer vvhith most rigeur and malice to assault the head principall directors of true religion: vvhiche is a plain demonstracion of their disobedience, thynke therfore hovv thou mayest take the contrarie cousse, and embrace obedience in finglenesse of harte: vvhiche all mightie God more estemeth then sacrifice: and ther vpon conclude thou that Idolatrie is in no degree vvorse than is disobedience: And with this thought prepare thy mynde to the fovverth dolour. The



demned :

Chift co He fovverth dolorous mysterie vvas the false sentence of Christ his condemnacion, and the heavye burden of his Crosse. Here beholde the dissembling judge Pilate against his consciece. Leading our Saujour by the Arme, and deliuering that Innocent lambe in to the handes of his foes, to vvreak theire vvicked vvilles vpon him. And vievy the redemer of mankynde his holie bodie vvorne vvith stripes and blovves, all blou dye forced to beare a most heavie burden of the crosse, and for verie weakenes falling down under ir. And with this forovvfull fight passe ouer devoutlie the fovverth Pater nofter, and tenne Ane Maries. And then note that if vve will be perfect servantes of Christ vve must bear our oven crosses: that is, eve must patientlie suffer all paynes, afflictions, and aduersities vvhiche fall vpon vs for our fynnes, or for his sake that endured so muche for vs. And here learne to detest all false Iudgement, and corrupcion of conscience for any fear or revvarde, lest thou become an other Pilat by condemning Christ in his members as he dyd Christin his ovvne persone. And thus thinking prepare thy minde with good devocion to the fift dolour.



He fift dolorous misterie vvas the The crus crucifieing of Christ. And here be-cifyeing holde hove the cruell tormentors do of Christ. boysterouslie pull of his clothes fast cleauing to his fleshe vyhiche procured a

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ched hym alonge and nayled his handes

and feete vvith rough and blunt nailes

to the crosse. Consider what huge tor-

ture he endured in euery member and parte of his bodie, through all his senses ot one instant, vvhiles they hoysed hym vp thus hanging vpon nailes by his handes and fete, vvith all the vveight of his bodie, having no other thing to rest vpo. And with this terrible fight say the fift and last Pater noster, and tenne Ane Maries. And then dravy together all thy senses and with all the povvers of thy mynde consider hovy thou mayst fall in to a true mortificació of al thy vices and concupiscences, and prepare thy selfe to

for the vse of the beades. of the platter of our ladie.

Of fyue glorious Mysteries to be thought wpon when you are to pray wpon the beades.



Vhen you have tvvyle fayd the Ro- The refue farie, or the beades tvvyse once rection of with the meditacions and thoughtes before mencioned: then if your laifure ferue, It shall be good with lyke deuocion as before to thinke vpon the fiue glorious mysteries vyhiche came after the death of our redemer.

The first glorious mysterie vvas the refurrection of Christ here may you prefent to the eyes of your minde in vvhat beau-

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confidence the Credo. And this muche for the second Rosarie or seconde part

dye with hym that thou mayst be foude

vvoorthie to arise vvith hym. This sight

onlie (if thou vievv all circumstances

duelie and througlie) vvil be hable (by

the grace of God to pull the avvay from

all vvordlie delites, and to setle the loue

of God rightlie in thy hart. Novv vvhen

you have vvell mused vpon thees mat-

ters, you may conclude vvith a good

nevv torment. Marke hovv they stre-

beautie, brightnes, and glistering clear. nesthe bodie of our Sauiour so before disfigured with stripes and tormentes is novv risen again impassible, and immortall. Beholde hovy he visiteth first is sorovvfull mother to comfort her. Hovv he showeth him selfe to Marie Magdalen, and to all his disciples. And with this comfortable fight repeat the first Pater noster, and tenne Ane Maries deuoutlie. And then vveaghe the glorious victorie of our Saulour against vvhome neither deuell nor hell with all their ministers vvas hable to preuail further than he hym selfe lysted. Note hove all the practizes of Ievves against the Gospell are disapointed and ouerthrovven: Euen so shall all deuises of heretikes when it shall please God. Therfore consider hove in all tentacions afflictions, perfecutions and troubles for a Iust cause, vve must not yeeld nor relent to the vvicked: but expect with true patience the vvil of God: vvho after a storme sendeth fair vvether: after many troubles geneth quietnes, with euer lasting rest. And here may vve conceive an affured hope of our refurrection in soule and bodie: and in mean time by continuall prayers and good lyfe to haue many vifions and fightes of our Sautour in our
hartes: as the bleffed Marie Magdalen
and many others had visible after his refurrection.

He seconde glorious mysterie was The Asce the Alcension of our Saujour force Christ. Dayes after his refurrection. Here confider hovv our lorde after he had many times appeared to his dear mother and to his disciples, at last he called themall to getheron the mount oliver: and there after a louing farewell he mounted vp to heaven in all their fightes with great triumphe, accompanied with many Saymes, whom before he had deline. red out of Lymbo : and with this comtortable fight recite the secound Pater nofter, and tenne Ane Musies. And pray to God that thou may so humble thy felfe in this life and so kepe thy hart pure and Innocent as thou may afcend after him to those Ioyes whiche God hath prepared for his elect.

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He third glorious Mysterie is the coming of the holie Ghost. And Ghoofte, here thou may view the blessed mother. of God our Redemer, to gether with the holie Apostles and Disciples beholding the vvonderfull Ascension of our Sautour: and remaining to gether in one place, with humble prayer and feruence deuocion attending the coming of the holie Ghost. And thou may marke hove the holie Ghost to their great coumfort came doune in fyrie tongues in the day of Pentecost being the fiftiethday after the Resurrection of our Sauiour. And vvith this thought recite deuoutly the third Pater noster, and tenne Aue Maries. And then note his faithefull performance of his promisse, and their firm faith and belefe in the same, and vse thou that example to thy benefit, here all so for thy instruction and coumfort confider fix speciall caufes of the comyng of the holy. Ghost: to vvitt, for to reloyce the pensive: to reuine the deade in lynne: to fanctifie the vnclean; to confirme his Disciples in loue: to faue the lust: to teache the ignorant. Thees guyftes and graces are

presented and encreased in vs by speciall meanes. vvherof prayer vvith humilitie is one: diligent frequenting the Sacramentes with hearing divine service is an other: continual exercise of the woorkes of Charitie is a third. for thus it geneth strength against all assaultes and tentacions of ghosflie and bodilie enemyes. Therfore no perill nor persecucion can anoye that persone vvhiche hath the holy Ghost.



Pra -

He fouerth glo The Afrious mysterie is sumpcion the Assumption of die. our Ladie. Here beholde the bleffed Virgin mother of God and man about the fysteenth yere after the refurrection of her Sone, hauing

passed her time with exercises of pietio vvasassumed and taken vp to heauen in foule and bodye with inestimable triumphe. And here conceine the fight of her Sonne our Saujour accopanied with legions of angells comyng to conduct her.

Note

Note how the Apostles being all diff perfed abrode in the vvorlde exercifing their functions in severall farre distant places, are miraculouslie cometo gether in a moment to tellifie her death and afsumpcion. And with thies thoughtes recite the fouerth Pater noster, and tenne Ane Maries. And here confider hove our Saujour can and vvil revvarde those whiche serve and love him faithfullic. Marke also hove dear she was to hym, and ther vpon hovy auailable her prayers are with hym.

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HE fift glorious mysterie is the \* Crovening of the bleffed Virgin our ladie. Marie, here beholde hovy that glorious Virgin before assumpted in bodie and foule was in the prefence of all the holy. companye in heaven vvith inestimable honor and glory by the Holie Trinitic crouned and placed about all Angelis. And with this cogitacion recite the last: Puter nofter, and tenne Ane Maries. And then note hove in heaven the maketh daily intercession for the good estate of holy Churche: and ys redy to affift cache one vyhiche vyith a contrite hart prayprayeth to her. For the more reuerence and deuocion vve bear tovvardes her, the greater helpe shall vve receive of her some, in all our distresses. And this vve may be fure of, that lyuing here according to her example in continence, humilitie, pacience, and mortificacion we shall arise at the last daye in bodie and soule to rest in heaven for ever. Vnto whiche loye God of his mercie bring vs, vyhere that blessed virgin resteth in presence of the Holie Trinitie, the Father, Sonne, and holy Ghoost. To vyhom be all honor and glorie. Amen.





I.

3.

T is requisite and expedient for every Christian often to thynke vpon the benefites that God haith genen to man whiche being infinite

in nomber and valeve may be reduced to seuen principall heades. And thees are the benefites of our Creacion, Gratificacion, Vocation, Iustificacion, Dotacion, Gubernacion, and Glorificacion.

### Touching the benefite of Creacion.

VVe may confider fex thinges touching our Creacion.

First hove God hath predestinated vs in perpetual loue before the vvorlde vvas made.

Secondlie hove he made man most lyke to him selfe.

Thirdlie hove he hath geuen vs a body of a most seamly constitucion and for the vse of the beades.

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proporcion, voyde of many deformities, and made it apt to serue him.

Fovverthly hovv he hath made our foule immortall, and adorned it with many qualities most precious.

Fifthe that he haith appointed for eache one of vs a Good Angell to guyde and keep vs.

Sixtlie that he hath geuen vs a prerogative to be borne of Christian parentes, not of infideles nor heretiques. And of thies matters you may thynke vpon, with great profit, geuing God due thankes for the same everie monday at morning, noone, or night, as your laisure will permit.

Touching the benefit of Gratificacion.

VVe may confider fix thinges touching Gratificacion. First hove God the Father hath sent among vs his veelbeloued Sonne, to be our redemer and our exemplar to follow.

Secondlie hove he hath geuen vs the holie Ghoost in token of adopcion as a privileige of love, and a pledge of dispensacion, communicating vnto vs his inspiracions, guystes, and fruites.

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Thirdlie hove he haith bestoved on vs his holy Sacramétes in his holy Churchethere to haue a refuge and place of succour (as in the Arke of Noe) from the sludde of synne and iniquities.

Fouerthly hove by baptisme he haith purged vs of Originall sinne; and as it vvere haith restored to vs the vesture and

Innocencie of originall Iustice.

Fiftlie hove he haith fortified vs vvith the Sacrament of Confirmacion, vvherby he haith armed vs agaynst many inconveniences.

Sixtly how he haith made vs Christianes, according to the name of our Sauiour Christ: making vs ther by the sonnes of God by adopcion, and coheyres of his kungedome. And of thies matters you may thynk of euery tevvestaye.

## Touching the benefite of vocacion.

VVhe may consider fix thinges touching vocacion. First with what great patience he haith borne with vs falling so often from him after so many and so great benefites. How he haith long expected our returne to him: for bearing to condene vs eternallie: not permitting vs to dye to dye in our vvickednesse.

Secondlie hove many vvayes he haith fought to recall vs: sometime by invear-de inspiracions: sometime by admonicion of other men: sometime by exhortacions of holy scriptures: yea offetimes by large and bountifull guystes of nature, fortune, and grace: sometime by euident showes of cternall loyes.

Thyrdlie hove he haith broken our hard hartes: hove he haith geuen vs a good vvil to vertue: and remoued all those Impedimentes that myght with-

dravve vs from him.

Fouerthly hove fatherlie he haith enterteined vs vvhen vve haue returned to him: hove he imbrased vs as the father dyd his prodigall sonne and put vpon vs the stole of Innocencie vvhiche by sinne vve had loste.

Fiftly that he hath moued vs to harty repentance, and therby haith called vs from the company of sinnefull people, as he called Loth from Sodom: Abraham from the Chaldees, and Nohe from the fludde.

Sixtlie hove he hath put vs in a reformed place, in his holy Churche: vwhere

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our relecfe in our iourney.

wve may liue religiouslie doeing pennance for our sinnes. And hath set vs in a state to preuent the malice of sinne. and hath remitted our sinnes by the sacrament of pennance. Of thies matters you may think euery vvedensdaye.

### Touching the benefite of lustificacion.

In confidering this benefit of Justificacion: vve are first to thank God for that he hath chaunged our vvill: made vs apt to doe pennance; and to doe that sitter to vs: and hath genen vs the speciall guyft of continence.

Secondlie for that he hath genen vs constant perseuerance in faith fear and loue: vvhen many vvhiche dyd vvel begynne haue failed in the ende to their

damnacion.

Thirdly for that he hath genen vs the euangelicall vertue hope, and grace to faue vs from leading our good purpofe: by inspiring into vs many internall confolacions, with a minde to detest sinne, and a defire of the loyes to come.

Fouerthly for that he hath to our cou-

Fiftely for that he hath left vs the holy Scriptures vvherein, as in a Glasse, vvc may beholde our defectes, and our alteracions: and inflame our hartes with dailie desyre to be purged and instified.

Sixtly, for that he hath endued vs with the ornamentes of many vertues, therby to couer the filthynes of our finnes. And hath left vs many examples of holy martyrs, confessors, virgins and other Seyntes to kepe vs by imitating them from fallyng and faynting in our good purpose. And thies matters you may vse euery Thuresday.

# Touching the benefite of Dotacion.

Here we may first thynke of the guyftes of nature, fortune and Grace vvhiche he most largelie and beningnely haith bestowed vpon vs: as felyng, hearing, seyng, vnderstandyng, vvill and memorie: Riches, honor, and vvorldly vvealth: strength, beautie, and health: faith, hope, and charitie. Sc3.

Secoundly hove that among many o. therprefermentes, he hayth reduced vs home to the Shepefolde when we wan. dred and strayed abroade: and haith instructed vs when we were ignorant: and lyfted vs vp when vve vvere fallen in sinnefullnesse of lyfe.

Thirdly how he haith illuminated our understanding with knowledge of his fecretes: and haith vyrought in vs many godly mocions to deuour purposes.

Forverthly how he haith inflamed our desires, and haith delited our vnderstanding to cotemplate, thynke, and meditate of heuenly thynges: and therby haith geuen vs.a talte and entrance to euerlasting lyfe.

Fiftlye hovv he haith preserved vs from the vyounde of sinne, putting avvay the occasiones: and haith geuen vs the grace to prevent or refift finne: and so healed our affections, as vve may the better perleuer in exercises of pierie.

Sixtly hove he haith so delyuered vs from the daunger of tentacion, as he haith raised vs when vve vvere fallen: and endevved vs with greater strengthe to reult than vve had before. And of thies

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for the wfe of the beades. matters you may consider euery fryday, and yeeld to him al devy thankes for the

Touching the benefite of gubernacion.

Here we are to thinke how he haith preserved vs ever bodily and ghooftlye in good estate, with encrease of strengthe and couraige to execute all good mocions.

Secoundly hove from our Cradels to this moment he haith preserved vs from many enemies, diseases, daungers, and inconveniences.

Thirdly hove he haith hitherto furnished vs with all necessaires of meat, drinke, clothe, loging and other thinges.

Fovverthly hove he haith for vs ordeined course and succession of times, as day and night vvinter and sommer, fpring tyme and haruest , with diversities of seasons and varieties of thinges for auoyding of vvearines, and tedious lothe fomenes.

Fiftlie hovy he haith directed vs in prosperitie and adversitie: in siknes and health:and in the vvhole course of our lyfe.

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Touching the benefite of glorificacion.

Here vve are to consider and to thank God for many thinges of dinerse degrees. and qualities touching our glorificacion, whiche he hath ordeined for vs, if wye lyve and dye in his grace and fauour: and of thies, some are aboue vs, some nigh vs,.. some vvithin vs, others vvithout vs, some under vs, and many all about vs.

Touching the first, vve are to thank: hym for the loves of headen, vvhiche of. his singular bountie and magnifence he hath promised vs: as the fruition of his. Divinitie: the vision and fight of our redemer, with his bleffed mother. And here consider what vnspeakable love it. shalbe to beholde the blessed. Virgin Marie glorifyed in heauen: vvith all the: orders of Angels.

And touching the second, consider hove we shall there enjoye the copaines.

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of all patriarches, prophetes, martyres, confessors, virgines, and other Seyntes and deuout Christianes vvhiche haue bene syns the begynning of the vvorlde, and for their integritie of life are novv most cleare and bright, and in nomber infinite.

for the wee of the beades.

Touching the third poynt vve haue to couder and to thanke. God for the glorificacion of our soules and bodies, clothed with immortalitie, bright shining a boue the clearenes of the lonne, prouided for vs if vve lyue in this vvorlde according to our profession.

As for the fovverth vve are to looke for a place most pleasant to beholde, most delectable to all our senses and vnderstanding: and in that tespect to thynke our felues at all times most bounde to thank, laude, and glorifie our redemer.

Touching the fift vve haue to confider hovy by divine grace vve I halefchape our terrible and cruell enemyes that are in the pyt of hell: a fingular motive to induce vs ever to geve God. thankes.

- As to the fixt degree, to vvit, of thynges that are on every lyde about vs, vve haue to thynke vpon many guyftes and graces that God haith bestovved vpon vs, innumerable, inestimable, vnmesurable: And also to consider the infinit cuels and miseries from vvhiche God hath preserved vs: and hovv vve shalbe in safetie and securitie deliuered from all that vve nede to sear: enioyeng all

thinges vve can defyre.

Thus muche touching the benefites whiche God haith geue vs. Theife thinges euerie good Christian is bovvnd to thynk vpon daily eyther in all or in parte, and to endeuour him felfe to be thankefull. For ingratitude is a great part of Iniustice. And among all Christian exercifes, none is more easie, (if vve bevvilling) none more nedefull, (if vve regard our ductie) none more profitable (if vve look for revvarde) than is often to meditate confider and thynke of the great and manifolde benefites vvhiche vve haue received of God: for what may be the cause vehy vve sele so great decreafe and want of guyftes and graces whiche in time past vve enioyed, but only our ingratitude? vvhat other better mea can we fynde to preserue our selues in the fauour of God than by often callyng to mynde and memorie the benefites of God tovvardes vs? This kynde of meditacion is as it vvere a corde to hail and dravv vs to God. Nothing more kyndleth in our hartes the loue of God (fayeth feynt Augustin) than often to vvcagh and consider the benignitie of God tovvarde vs.

Certein circumstances touching the passion of our Sauiour verie profitable to be often though upon to move contricion and amendement of life.



Man may vvith great commodities meditate vpon the pallion of lefus Christ our Redemer, in admiring his vvonderfull great charitie, humilitie, and patience. vvhiche appeareth by fovver

circumstances. To witt, if a man confider vyho he yvas that suffered: vyhat he tuffered: by vyhom he tuffered: and for vyhom he luffered. Vnderstand then that he vyhiche luffered vvas the Creator of the worlde: Lord commaunder and gouernour of all creatures: Goodnesse it selfe: the sonne of God, and God him selfe: he suffred banis hement, hungar, thurst, colde, tentacions, ! kornes, contumelies, bondes, beatinges, vvoundes, and villanouse crueltie, with all despite that the denill by man could execute against hym. Therfore in weighing of thies two circumstances (who and what ) you may eatilie conceive, that the parsone so persecuted vvas so great, and the indignities vihiche he endured vvere so monstruous, as you may vvell fay and thinke, that the ludge of the vvorlde vvas him selse arraigned and ludged: Iustice it selse vvas condemned: Innocencie it selse vvas accused, blamed and defamed: Glorie it selse vvas yvith all opprobrie spit at: God him selfe openlie to his face blasphemed; light extinguished: and life vvas slaine: The Seguior, lorde, and maister of heaven

and earthe vvas put to death: to the most cruell, most shamefull and most reprochefull death of the Crosse: and so, horriblie abused, as the verie elementes repined against the fact: The sonne loft his light, and the earthe trembled vyhith the horror therof. Here beholde the meruelous pacience of the sufferer: vvhiche in a moment, vvith a thought, might have confumed all those vyreches, and throwne them in to the fyre of hell. And at vvhose handes did he beare all thies indignities? of whom did he suffer thies contumctious cruelties? for futhe of his oven creatures whom he had made of naught: of his ovvn seruantes and vassailes, vvho had there being of him, and euerie other good thing elfe; VVhom he had chofen and picked out from the rest of the vvorlde for his oven peculiar people: whom he had higlie aduaunced in the fight of the vvorlde.

But for vyhome dyd he suffer thies afflictions? not for any fault that he him selfe committed: but even for them that thus traiterouslie abused him: for them he suffered vyhiche contemne

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him and all goodnesse. he suffered these paynes to deliuer his enemies from payne: to pay their ransome and to redeme them from the daunger of sinne, from damnacion, deathcand hell, if they vvolde repent in time and reconcile them iclues to him. If you deeplie thinke of thies fovver circumstances, you shall finde matter enough to vyonder at the marcie, clemencie, patience, longanimitie and charitie of our Redemer: and Just cause shal you see to accuse, blame, and condemne your felues of ingratitude, to fall in to repentance, grefe, and forow for your finnes: to feke to reforme your selues, and to see to him for succour: to studie with all love and dutie to requite him with love, whiche for your lakes endured all thies miseries.

Of thre special sortes of meditacion, some what hard to exercise, but passing prositable.

There is one kinde of meditacion, whiche if you can reache vnto, you shall need neither bookenor beade to direct you the vvay to life cuerlasting.

This

This kynde of meditacion is no more but to imitate and folow our Sauiour his life and conversacion, as a most persect patern and exemplar of all integritie in vvoorde, deed, and thought: to be charitable, obedient, humble, patient, meke, and marcifull as he vvas: to renounce proprietie and possession of Riches (at least in desire) as hedyd: to be poor and needy (at least in mynde and vvill) as he vvas: To professe and exercise all chastitie or continence as he dyd: to reject all delicate fare, severe odours, soft beddes, and daintines, as he dyd: to employ all your trauaill, industrie, and powers in profiting others as he dyd for you all: yea patientlie to sustein affliction, contempt, and all persecucion, euen death it elfe, and death vyithcruell tormet for truthe fake, and for defence of justice, if occasion be offered, as he did for the deliuerie of mankynd from damnacion: and for testimonic of true Religion. This is the most perfect kynde of meditacion, confideracion, and thinking of God that can be vied.

There is an other kinde of meditació, of great perfection, and commoditie,

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An other fort of meditating of the pafsion of our Sauteur by Way of reiogesinge.

S vve vse most commonlie to contemplate the passion of our redemer vvich compassion, to break our hartes with contricion and true repentance: 10 may vve to the same effect thinke there of with great love and comforts And that for thre respectes: to writt, for the redempcion of mankynde: for the reparacion of the dekaye of Angels: and for the advauncement of the honour of God. VVho by the death, Din

and is a good mean to help vs to the formor. And that is a continuall compassion and fuffering with our Saujour whiche fuffered so muche for vs: As when his afflictions and tormentes have suche an Impression in our myndes and thoughtes as whe have some sensible feeling theref in mynde and bodie or at least in mynde and affectio. Suche an Impression had the bleffed wirgin, who as it were felt the stinges of the vvhippes, the prickes of the thornes, the stampes of the nailes, the tormentes of the croffe: and the vexaciós of all his passion, who so ever can reache to this contemplacion, is in an highe degree of perfection.

There is yet a third speciall kynde of meditacion verie gainfulland comodious, not so hard as the other too. And that is (if thou cannest not attayn to the one or thather of the too) yet to let down a tree relignacion, and perfect refolucion of thy yvill hart and mynde (with all thy povvers as farre as thou cannest to folovy the vertues of our Saujour and a defire to fuffer with him and to to trans forme

passion and resurrection of his sonne our Saujour hath not only fer vs free from the bondage of Sathan: but hath also vnited angels and mankynde in that heauenlie societie. And thus to his passing great honor and gloric hath geuen a most expresse demonstracion of his infinite mercie, clemencie, and loue tovvardes vs. A matter of great loye consolacion and comfortto vs. For eache man accompteth it a great cause of love to be in great fauour of his temporall prince, Muche more glad and Ioyfull may vve be that theking of heaven and comaunder of the vvorlde doeth so tenderlie loue vs as he did vonchesafe to offer vp him selfe in sacrifice to his father for vs: and with his precious bloudde to redeme vs. Thus we may thinke, meditate, and consider of his most bitter passion, with great comfort and loye. For if wve deeplie and duelie veighe the matter: our hartes shall melt with feruor of defire to reuerence, serue, and loue him Vyhiche so dearlie haith bought vs. Yea we shal be so caried away with sincere affection tovvardes him; as vve shall cleare forget our olde man: and rost on-. 17

lie so resolved in Christ crucified, as vve shall delite in nothing but in him, and in docing that vvhich is his vvil and pleasure to be doen: vvhere vpon many good effectes vv. I folovve. It vvill breed in vs. a special lothesomenes, hatred, and disdaine against all filthie vvoorkes, vvoordes, and thoughtes: It vvill chase avvay the coldenes of spirit, the tedious slothes such and setle in vs. a perfect resolucion of minde and vvill to serve God, loue God, and honor God vvith all integrities and bring vs. to the highe tovvre of perfect contemplacion.

Of fix matters of meditacion to faue vs from relapse or falling again in to finne after we be reconciled to God.

E Mong many good thoughtes and consideracions, that help to preuent sinne, good men of experience in spiritual exercises have noted six special meanes. The first is often to meditate and thinke of death: that there is nothing more certain than that we must ones

ones die: that nothing is more vncertein than the hovere of deathe. Therfore faith holie Scripture: Remembre thy ende and thou Inali not sinne for ever. VV herby is ment that the memorie of deathe (if it be often exercifed) vvil vvoike in man fuche compunction as he shall not dye without perfect repentance: And so by a consequence obtein suche remission as his sinne shall not burden him for euer. And Seint Augustin sayeth that nothing more withdrawveth a man from finne, than often to remember that he must dve. And Seynt Basil the great being at ked vvhat is philosophie, answered that the definition of the principal phi-Intophie is nothing else but a meditacion and continuall thinking of dea-

An other remedie is to think often of Christ his passion, as many good men have founde by experience. Therfore sayeth Scynt Augustin let man be as hamed to swell with pride, siche Christ his creator and redemer was so humble as to suffer death for him.

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The third helpe is the remembrance of sinnes comitted, and by God forgeuen. Therfore vohen thou art tempted to finite confider with thy felfe wether thou halt bene culpable of that finne before or no. If thou hast not bene so, then impute it to the grace of God that thou weaft so preserved. But if thou hast offended therein before, and by the facrament of pennance God hath forgeuen thee: then thinke that he hath doen more for thee, than if he had made the lorde of the vvhole vvorlde. For Seynt Augustin sayeth that it is a matter of greater importance to Iustifye a sinner, than to creat heaven and earth of nevv.

The fovverth preservature is often to thynke and meditate of the last Iudgement or day of dome. VVher vpon Seynt Ierom vvriteth thus: vvhether I sleep or vvake, or be other vvayes occupied, that voice and crie ever soundeth in my care: Arise youthat are dead, and come to ladgement. And good reason he had to be carefull therein. For (as Seynt Barnard sayeth:)

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God at that day will call for acompt and reckeninge of euerie time and moment

that we have spent in earthe.

The fift mean is to thinke and meditate of the paynes of hell, vvhiche are so great and intollerable, as one spetk of that fyre (as a good man fayed) Doeth more greue a finner, than the greuous panges of childebyrth can torment a vvoman if she should trauail a thousand yeres before her deliuerie. Yea (sayeth feint Ambrose) if allmen borne from Adam vvere living and preachers, and should strive to show their best eloquence to describe expressely but one of the least paynes of hell, yet could they not doe yt. The reason is, for that it is infinite, and excedeth the capacitie of mannes vvit to comprehend: euen as on the contrarie parte, faith can not conceiue, hope can not reache vnto, nor charitie comprehend vyhat and hovy many thinges God hath prepared for them that love him.

The fixt remedie is to confider and meditate of the Ioyes of heaven: VVhere, for taking litle paynes in this lyfe vve are fure of fuche felicitye as can not be

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expressed by tongue, nor comprehended in the vnderstanding of man. A certein paynim being of great authoritie vnder one of the persecutors of Christians, obseruing hove vvilling Christia men vvere to endure all tormentes, yea and death also for Christ his sake, demaunded of a presoner expecting death, what great revvarde he looked for to recompence his patience. It was answered thus: suche rewarde is looked for as no tonge can tell, nor ear hath beard, nor the bart of man can meafare. Then fayd the pagan (if it be so) I vil be of your Religion. So he became à Christian, and aftervvard a martire. If a paynim vvas so touched with only ones hearing of those loves: hove ought vve to be moued that have heard so many testimonies therof by so many denout martyres and confessors?

Of the miseries and Inconveniences that man doeth fall into by relapse and sinning again after reconciliacion to God.

7 Vhen a man hath rightlie profesfed Christ in the Catholique Churthe and aftervyarde falleth again: he is in vvorse state than cuer he vvas, and brought in to extreme miserie.

for first he hath lost the fruit of his former pennance, and of all confession, contricion, and satisfaction for his sinnes past and forgeuen. For (as the prophet sayeth) if the Just man divert from his Justice, all the good voorkes that he hath doen shalbe put out of memorie.

. Secondly he is resembled to a dogge that swaloveth his own filthy vomit: In that he resumeth his olde sinnes, that were ones caste over by the sacrament

of pennance.

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Thirdly he falleth again in to the handes of his greatest enemie against vyhose vvill he vvas delyuered: and geueth to him greater povver ouer him selfe, than he had before. For (as Seynt Augustin sayeth) he vyhiche heapeth sinne vpon sinne, maketh a roope to bynde him selfe vvithall.

Fovverthly he is made more impoter, and lesse hable to arise agayn. For as a skarre in a mans bodie is harder to be cured after the place be vyounded agayn: so is a sinner after he returne to his olde folie.

for the vse of the beades.

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5.

folie. Therfore our Sauiour sayd to the man vyhome he had healed: Beholde show John 3. art made whole: sinne no more, lest some worse shing chance to thee. And of this mischese he yvarneth vs in an other place, vy here he sheveth, that the vn clean sprittreturneth in to the house vyhence he departed, and bringeth seuen other spirites vyorse than him selfe, and dy velleth there. And the last of that man be made worse set han the sirst.

Fiftlie he is accompted a derider and mocker of God: and abuseth the mercie and clemencie of his redemer.

Sixtlie (as muche as in him lyeth) he causeth the Angels and blessed Scyntes in heaven to be pensive and sade, for as of their charitie they rejoyse at the repentance of a Synner: so it may well be thought that they are sorie for the fall of the Just.

Seventhly his soule is compared to a drie and wethered braunche cut of from the tree whiche receiveth no moysture nor northement of the tree: Even so is he seeluded from the benefite of all good mens prayers, and from the merites of Christes passion.

And

And here we may call to mynde a notable punishement of suche as after reconcilement have fallen from God in to their former sinfull practizes. There yvas a company of certein youg men, vvhiche at the time of caster repared to the churche, craued the benefit of the Sacrament of pennance, vvere absolued and received the bleffed Sacramét of Christ his bodie and bloudde. But they vvere no foner departed from that holie place, tha they dyd fall again to their olde vvicked Ryot, dronkinnes and filthy lyfe. VVherupon they were greuouslie punished by the lust ludgemet of God. For they were sodeinlie smitten vvith a greuous diseafe: and driven in to fuche an extreme vomiting, as they dyd cast out of their mouthes great abundace of corrupt bloudde, with their own excremetes verie lothesomelie, contrarie to the course of nature. Their corne and other fruites yvere confumed vpon the grounde and deftroyed, som vvith vvater, and some vvith fier. Serpentes and venonious beaftes dyd breed abundantly in their groundes, in suche fort as they rpersones were in great daungier. And thus brought in milera-

ble distresse many lamented they case: Emong vyhome one deuout holie man vpon compassion prayed to God earnestlie for them, till at last an Angell of God appearing to him dyd demaund of him vyhat punishement he deserued that dyd put in to a filthie presone the Innocent sonne of a mightie Emperour: the good man answered that he deferued greuous punis hement. Yea (sayd the Angel) but wwhat punishement deserueth he vyhiche in the fight of all men doeth cast the blessed bodye and blood of Christin to a filthy myre? he is to be brent as an heretique, fayd the good man. And euen suche felovves are all they (fayd the Angel) for whom thou hast so long prayde. Therfore it is expedient for every good Christian, when he hath received the bleffed Sacrament, and is reconciled to God: then and euer after to take good heed of relapse: and

often to calle to memorye these seuen

miseries and inconveniences of relapse

here mencioned.

for the vse of to beades.

Certein E



Certein signes and tokens Thereby a Christian after he hath received the blessed sacrament may probable conicoure that he is in the favour of God: all framed to the similitude of a syk man.

The first signe and token of Gods sauour is compunction or hartissorow for sinne committed. For as the sicke man so long as he yeeldeth breth, be he neuer so sick geneth good hope of lyse: euen so a Christian after he have receiued the Sacramet of our Redempcion, if he coceiue or cast over sorocofull sighes for his sinnes by past, in respect that thereby he had offended god, may vvell hope that the blessed sacrament doeth vvoork in him many good spiritual effectes, for (as Seynt Barnard sayeth) the more seeling a man hath of sinne, the greater sobbes and sighes he casteth out of his sorovyfull harte.

The secounde signe or token is laudable convertacion of lyfe with good example. For as a freshe naturall colour in a fikman is good-argument of amendement: so is modesty and temperance a speciall signe of Gods grace. And good example is so necessarie that Seynt Gregorie fayeth, finnefull men could neuer return to true repentance, if good example of lyfe vvere taken avvaye. And blefsed is the soule of that persone (sayth Seynt Chrisostom ) vvhose humilitie doeth confounde the pryde of an other. For (as Seynt Leo fayeth) so many as thou shalt vvinne by example of humilitie and charitie: with them I halt thou possesse eternall revvarde in heaue. And for comendacion of good exaple I haue redde of a good Abbot whiche hearing that there yeas, not farre of his Abbey, a nota- $\mathbf{E}$  11

notable great theefe and robber whiche spoyled and mordered many passing by the common vvayes, had great compaition of this theefe for his finfull lyfe, and studied hove he might reclame hym. At last he thought the best yvay to be, first to talke with him. And though he knevy no mean to doe it vvithout perfonall danger to him felfe: yet he purpoled to geue a proofe: And taking a Monk in company with hym aduentured to passe through the place vyhere the theefe haunted. It so fell ovvt, that the theefe met the Abbot, and according to his profession, spoyled the Abbot and his companion of all that they had. After a vyhile the theefe hauing gotten his pray, vvaxed fomevvhat more colde than before: for the Abbot ysed him selfe with all humilite in worde and countenance tovvardes him. And the Abbot perceiuyng the rage of the theefe to be assuaged vied the matter to as they tvvo fell in to familiar talke of common matters: As of the great paynes that the theefe indured and of his continuall perill: and of the commodities of securitie, and suche like. At last the Abbot asked

ked him it he could be content to leaue that paynfull, daungerous, and disordered courte of lyfe for a filthic and vncertein gayn: And to goe home with the Abbat, vyhere he should be assured of a sufficient living with great credit and honesty. After some discourse vpon the Abbots woord the theefe yeeldeth, and home he cometh with the Abbat to the Abbey, vvhere he fyndeth all thinges that the Abbot had promised and more. Novy this good Abbot hoping by good example to vvinne the theefe, appointed one of his monkes a deuout man to attend vpon the theefe, and to geue v vhat so euer he demaunded, v vith this admonicion to eat and drink euer in his company, and vvhat deinty meat fo euer vvas set before the theese, vet he him selse should eat none of it: but content him selfe onlie vvith bread and vvater. The monkeyvell performed vyhat vvas commaunded. In continuance of time the theefe observed well the diet of the Monke: and being somewhat amased there with all, as ked the monke, what great offence he had committed, that caused such straitnes of diet, vvhether E iii

he had committed any morder, incest, or great crime. No fayd the Monke, I am nor culpable of any haynouse fact. But this aufteritie I vie to the ende that the king of all kynges may be more mercifull to me at the latter day, when everie mans dedes shall appear. This answer strooke the theefe with suche remorfe and repentance, as he came to the Abbot, and with great thankes so humbled him felfe, as he vvas admitted vnto that focietie: and became fo penitent, and after so religious, as in holynes and perfection of lyfe he excelled all the couent. Thus may vve see vvhat good fruit vertuous examples may bring forthe.

The third signe is patience in adversitie. For as the greefe of siknes is estemed more or lesse by the mouyning or rest of the sickemans pulse: so is our perfection and imperfection tried by toleracion of aduersitie. And as an empty vessel if you beat vpon it will yeeld an Eccho or holovy founde: but, if it be full, no noyle at all is heard from with in the vessel: So is a patient man tried from a vn patient man by adversitie. The one if he be touched with affliction exclameth against for the vee of the beades.

against God and man: but thother is quyet, taketh all in good part what fo

euer hapneth.

The fouerth signe is the sense of tast. for so long as a sikman eateth his meat vvith a good tast, it is lyke he vvill recouerhis healthe; euen so if a man haue a delectacion to hear speake or thinke of the passion of our Saujour: of the blessed lyfe of our lady, and of holy Martyrs and Confessors, or to be fedd with any spiritual foode: these thinges doe argue found health of the foule, and a good state of spirituall grace in any suche persone, for there can be no more accorde betweene spirituall and vvorldlie pleasures than between fyre and vrater. Therfore it is impossible (sayth Seynt Ambrose) in this lyse to liue delited vvith all vvorldlie pleasures, and to enjoye the pleasures prepared for the soulc.

The fift signe is our tongue, for it is a good signe of a mendement in a sickeman, vyhen his tongue faultereth not in his mouth, and he ottereth his speech easilie and playnlie. Euen so it is a right good signe of a spirituall grace,

vvhen E iiij

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vvhen a man deliteth in godly talke, and conference of godly matters, vvithout detracting or bakbiting his neighbor, euer interpreting the deedes and vvoordes of other men in the best sense. For often the tongue vvalketh after the affection. And of abundance of the hart, the mouth vseth to speake.

The fixt figne is a disposicion to doe good vvoorkes, and to be in exercise of pietie, for a sik man, vvhen he beginneth to recouer desireth to sturre and exercise his bodye: so he that hath a right feeling of the spirit of God is nener Idle: but euer occupied in good vvoorkes. Other occupacion (vvhat fo eueritbe) is an Idlenes and not an occupació nor exercise. Therfore all good vvriters exhort men to be euer occupied in some vertuouse exercise.

The seuenth signe is naturall heat: a speciall argument of lyfe in a syk bodye. So is the spirituall heat of love of God and our neighbour a fure figne of perfection in a Christian. For (as saynt Augustin sayeth) loue is the lyfe of the soule: In so mucheas he vyhiche loueth

not, is dead.

of certein good documentes touching euell thougtes.

Ouching euell thoughtes vve haue L to consider for our better instruction diuerse speciall matters.

First the cause vyhercof they arise. Secondlie the reason vve are so prone

and inclined to them.

Therdlie the hurt that vve receuse by

Fouertliehovv vve may arme our felues against them.

Fiftlye by vvhat meanes we may a-

uoyd them.

As to the first it is vvel known that euell thoughtes had their first origin and beginning of our professed enem ye the deuill: vvho first seduced our common mother Eue by his suggestion to conceiuea vviked thought and there vpon to eate the aple: whiche moued delite and lyking: then folovved the consent of Adam, and consequentlie the displeasure and indignacion of allmighty God.

Touching the second poynt: among many there are three special causes of

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Certein godlie lessons and observacions touching the bart of man.

To have the possession of yt. And three reasons may begeven to move hym therunto. One is, for that the hart is as it were the harbarove of the Allmightie, and the proper bedchamber or cabinet of the king. Again the hart is the principall seate and first member that receive the hart being full of bloudde is apter to conceive an impression of hym that shedde is bloude for vs vpon the crosse.

Goddesiretha purissed hart. And thre thinges there are vehicle purisse the hart. The sisses a careful examination daily of our oven evoordes, deades and thoughtes, with a special desire to geue good example to others. The second is, daily pennance with due confession cotrition and satisfaction for our offenses against God and our neighbour. The third is continuall crauing and begging of God by deuout prayer to be preserved by his Grace from all occasions and mat-

for the vse of the beades.

matters that may offend God. for (as the prophet Dauid layeth) if our lorde have not buylded the house; in vain have they labored

Whiche buylded it.

A pure and clean hart is knowne by three fignes or markes. The first is the quicke and pregnant knowleige of our ovvne desectes. For as a small spot is sone espied in a verie vyhite linnen clothe: so a pure hart quickelie perceiueth a small fault in it selfe. The second is quietnes of conscience in all troubles and aduersities. For a pure good vvine in a cleane glasse changeth not his colour and clearnes be it neuer fo muche troubled : euen so a pure hart and cleane conscience is vvell setled and resteth euer in one estate what advertitie fo cuer hapneth. The third mark is encrease of couraige in time of affliction euen as a pure fresh vvine sprinkleth and leapeth vvhen it is with any force poured in to a Cuppe. And our hart is preserved in puritie and cleannesse by a true sear of God: by a carefull gouernement of our externall senses, and by continual exercise of the wyoorkes of charitie.

Fouer

Fouer good lessons for preserving our hope and confidence in God.

Ovv to make an end: vvc must cuer studie to establish our assiance and trust in God against all tentacions: And one speciall good mean therunto is a patient and quiet mynd, neyther too negligent and recheles, nor too anxious and carefull about our temporall affayrs. As for example, touching our bodily sustentacion and necessities we must not be ouer solicitous: but rest vpon this grounde, that fithe it is true that the gener of all good thinges doeth nourish the byrdes of the eyr, fishes in the sea, and beastes on the earth euerie one in his degree and qualitie, to vyhom yet he hathe made no promis therof: hove muche more cause haue vve to hope that he will prouide for vs, to vvhome his promys is past? as appeareth in the fixt of Seynt Mathevy, where he deliuereth vs of all fuche care, an layth in expresse vvoordes. Be not caresull, sayeing, what shall we eat, or what shall we drinke, or voerewith shall voe be concred? Seek first the kingdome of God: and all these thinges shalbe geuen you besides.

And

for the vie of the beades.

And too muche care for other temporall thinges is forbidden as a very daungerous tentacion. As well for that in this vvorlde vve are but as pilgrimes or vvayfayring men, having here no place of certein abyding, but are to remoue vpon many fuddain occasions; and to clogge and oner lode our selves vyith superfluities wer mere folye: As all so and specially for that suche carefullnes is seldome or neuer vvithout sinne, and vvithdravveth our myndes from prouiding for thinges of mere necessite and of great importance touching our soule: And it argueth in vs a greater love and affection tovvardes thies vanities, than tovvardes the vvealth of our foul. Agayn vvhere they are not got vvithout great labour, nor kept without care, they are quickie lost and not vvithout great greefe. Therfore this carefullnes and loue to vvoridlye thinges is to be eschewed. For (as S. Gregorie sayeth,) That whiche is poffessed Voithout great loue or affection therto, ys also lost without any great greefe. Let vs then forfake the care of transitorie thinges, and settle our trust in God, who never failed those that put their affiance in him. Examples vve haue infinite to proue the same.

An

An other preservative is a mature and rype discrecion and Judgement in vveighing and confidering our finnes. For many curiouse simple men, as vvell as the finfull and vvicked vpon repentance looke so farre in to theyr lyfe only as they forget the mercie of God, and fall into despare and blasphemye. It is ther fore good and verie necessarie euer with all consideracions of our sinnes, to call to mynde the article of our faith, touching remission of sinnes, and the promises of God for the same: vvherof holy scripture hath great plentie. As where the Prophet sayeth: In what hovvre a finner is fory and confesseth his finnes they are all put out of mynde: God is bothe hable and vvilling to forgeue a penitét sinner be his sinnes neuer To great. But noman can haue true repentance, nor doe right pennance vvhiche doeth it not with a firm hope of forgeuenes, and vvithout all mistrust and diffidence of the promis of God. Accused ther fore ar the desperat before our Sauiour vvhiche fayeth, I vvil not the death of a finner, but rather that he be converted and live.

A no-

for the vic of te beades. Another good affurance vve haue to confirme our hope in god: and that is his faithfull promis that he is willinge and reddie, graciouslie to hear vs in all our petitions whiche are for our good. For our Saujour sayeth: Ajke and 11 shabbe ge- Matth. 7. uen you: seeke and you shal finde: knocke and it shall be opened to you . for everie one that asketh, receiveth, &c. And we know that he heareth us (faith Seynt Iohn) what soener we shall aske accordinge to his will. Alwayes provided that we aske in fayth nothing doubting. as Seynt lames byddeth vs: For the alker of lavvfull thinges may not either miltruft gods povver and habilitie, or be in despair of his mercie: but that the doubte vve haue be onely in our ovene vnvvoorthinesse or yndue asking.

A fouerth good staye we have to lean vpon, and to preserue our hope and confidence. And that is the faithfull promise of eternall lyse genen vs by God, if vveliue here according to his will and commaundement doeing pennance for our finnes, and leaning to his mercye in faith hope and Charitie: for God is most faithfull and euer keepeth his promisse with all men. Therfore if vve vvil not

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be lyke to the vvaues of the fea vyhiche are caried about vvith the vvinde: let vs flee from too muche care of transitorie thinges, and keep in our minde and memorie the promise of God euer offering his grace to vs, reddie to hear and help vs. So shall vve preserue the hoope and considence that God requireth of vs: to vyhom be all honor and glorie for euer. Amen.

A prayer to our blessed lady made by the most holy and auncient Ephrem.

Other of God vndefiled, Queen of al, the hope of them that defpair, my lady most glorious, higher than the heuenly spirites, more honorable than the Cherubines, holier than the Seraphines, and vvithout comparison more glorious than the supernall hostes, the hoope of the fathers, the glorie of the Prophets, the praise of the Apostles, by thee vve are recociled to Christ my God, thy sonne: thou art the helper of sinners: the hauen for them that are tossed vvith stor-

stormes, the solace of the redempcion of captiues: vouchesafe me thy servant to praise thee. Haile Lady Marie sull of grace: Haile Virgin most blessed among vvomen.

An other prayer made by Seynt Cirill.

P Raise and glorie be to thee o holie Trinitie: to thee also be praise, o holy mother of God, for thou art the precious pearle of the vvorlde: thou art the cadel of vnguens heble light, the croune of virginitie, the scepter of the Catholique faithe. By thee the Trinitie is glorifyed and adored in all the vvorlde: by thee heauen reioyceth, Angels and Archangels are glad, diuels are put to flyght, and man is called again to heauen, and enery creature that vvas held with the errors of Idols is turned to the knovvleidge of truthe: by thee Churches are founded through the vvorlde: thou being their helper, the Gentiles come to pennance. O blessed Marie, who can be hable worthelie to praise or thanke thee: receive our prayers, obtanie our requestes: for thou art the speciall hoope of finners, by thee vve hoope for

for perdone of our synnes: and in thee (o most blessed) is the expectacion of our revvardes.

An admonicion for the unlearned touching the vse of the figure of the beades bere after portrued.

T Hou hast here (gentle reder) a figure or forme of the beades; vvith certein matters of meditacion to be yied when thou art disposed to recite the crovvne of our ladic vpon the beades whiche matters have not bene before this tyme pur into englishe meter, for the beter memorie and delectation of denout persons. Therfore if thou hast bene here to fore delited with vain ballads and lonets, thou may novy vpon better aduite pleas thy felfe with longes and ditties more profitable. And of vyhat good trade, occupacion or qualifie lo euer you are, whiles you goe about your necessarie businesse in your vocation, or whiles you are traualing by the waye: or in tillinge of ployvinge the growind that hit may bring great increase, you may not withstanding, some tyme among, call vpon our Sauiour or vpon the bleffed virgin mary, eyther in vvorde or in thought, and with great comfort, vea and profit also both spirituall and temporall, repeat or thinke vpon the Pater noster and Aue Mary, or some part ther of, and of the verses, or of some of them fet dovvne in the table folovvinge. And ther vpon may you take occasion to mufeand thinke lesse or more of the matters conteyned in the verses or any of them. VVher vpon you by Gods grace shall be induced in to a svvete cogitacion vvhat speciall graces God hath bestovved vpon you; from vvhat euclis he hath preserved you; to what good ende he hath created you: vvhat good reward he hath prouided for you, yf you como to that end : and to come vnto it you are assured if you be so vvilling as you ought to be. Thus shall you also take occasion to kepe your felf well occupied, auoyde idle thoughts, the snares of sathan, and so kepe your self in the vvay tovvardes heauen.

for the vie of the beades.

Heras I haue seen your Ladie fhip accept, fuch holy and verteus exercises, and holde them in great estimacion, and conster all faultes cscaped by the print to verteus interpretacion: taking the meaning, and not the letter; so I hoope your holy vse vvilbe a meane, that I shall not be altogeither disliked of such vyhos handes hit cometh vnto: But as I as hure my selfe, all banished parsons living for one caufe, vvil not dispise good thoughtes procedinge of holy defiers, and especially thos, vvhos vvisdoms knovv hovv hard it is to print our languaig, in a strage countrie with out faultes: which maketh me fo farre presume apon all holy Catho. licke persons, especially such of honorable confideracion, and have folong lyued à banished lief for true religions sake: as your honor hath donne this 17 Yeres. In this confideracion, I presume of all good Catholickes, that they vvill elteme of my meaning, and not the letter: as I shall not cease dayly and orderly to praye for all estates, trusting in I E S v, he will hear a poor pilgrome and banilhed parson: for his rightcousnes sake: that

that hit shal please him to conuert our poor countery, vwher vve maye praye togeither, liue togeither, and die togeither, to the end vve maye be partakers of his heauenly kingdoome, vwher God the father, God the sonne, God the holy ghost, is gloresied: vwher the blessed Viren is crouned, vwher Angels, Saints, and marters reioys, at our repentance; for wich I daily praye to be geuen to all sinners sayinge.

Pater noster, Ane Maria.

CREDO

Good reder remember me in the like.

I. B.



Hic liber nihil mali aut erronei continet: conducit autem ad deuotionem & pieratem imperitiorum Anglorum.

GILBERTUS BURNEFORDUS.
GULIELMUS CLIDERO.
Angli Sacerdotes.

Horum duorum eruditorum & fide dignorum virorum indicio & ego subscribo H. CVYCKIVS Apostolicus & Regius librorum censor.



